

**WHAT IS CLAIMED IS:**

1. An athletic shoe comprising:
  - a) a sole;
  - b) an upper having a tongue and lacing means on said upper for lacing the shoe, said upper being attached to said sole; and
  - c) said tongue comprising a bladder of an open celled foam material on the interior thereof sealed from the atmosphere except for a valving means on said tongue communicating the interior of said bladder with the atmosphere, said valving means being adapted to selectively draw air from the atmosphere into said interior when opened to allow expansion of the foam material in said interior, then release air from said interior to the atmosphere when said bladder is squeezed releasing air from said interior out of said valving means, whereby said tongue may be inflated and said lacing means laced up against said tongue pressing said tongue against the foot of the wearer of the shoe, then said tongue may be slightly deflated to conform said tongue to the foot of the wearer of the shoe.
2. The shoe of claim 1 wherein said bladder has an exterior layer comprised of upper and lower portions of flexible material sewn together about their periphery.
3. The shoe of claim 2 wherein said interior is of foamed urethane material.
4. The shoe of claim 1 wherein said interior is of foamed urethane material.
5. The shoe of claim 1 wherein said valving means includes a first outer domed portion on the exterior of said tongue, a plurality of spaced air holes through said domed portion fluidly communicating the interior of said tongue with the atmosphere.
6. The shoe of claim 5 wherein said valving means includes said first outer domed portion having a downwardly extending cylindrical skirt portion, a first valve element having an upper protuberance received within said skirt portion and reciprocal

therein and an integral lower portion, a second valve element secured to both said domed portion and said exterior of said tongue.

7. The shoe of claim 6 wherein said second valve element includes a downwardly extending cylindrical skirt portion extending into the interior of said bladder, said second valve element having an annular flange surrounding an opening through which the lower portion of said first valve element extends.

8. The shoe of claim 7 wherein the annular flange of said second valve element extends into an annular notch in the lower portion of said first valve element and is movable up and down therein.

9. The shoe of claim 8 wherein said second valve element has an annular notch therein on the upper surface thereof inwardly of said place of securement of said second valve element to the exterior of said tongue.

10. The shoe of claim 9 including an annular ring disposed in said notch spaced from said second valve element.

11. An athletic shoe comprising:

- a) a sole;
- b) an upper having a tongue and laces on said upper for lacing the shoe, said upper being attached to said sole; and
- c) said tongue comprising a bladder of an open celled foam material on the interior thereof sealed from the atmosphere except for a valve on said tongue communicating the interior of said bladder with the atmosphere, said valve being adapted to selectively draw air from the atmosphere into said interior when opened to expand the foam material in said interior, then release air from said interior to the atmosphere when said bladder is squeezed releasing air from said interior out of said valve, whereby said tongue may be inflated and said laces laced up against said tongue pressing said tongue against the foot of the wearer of the shoe, then said tongue may be slightly

deflated by opening the valve to conform said tongue to the foot of the wearer of the shoe.

12. An athletic shoe comprising:

- a) a sole;
- b) an upper having a tongue and laces on said upper for lacing the shoe, said upper being attached to said sole; and
- c) said tongue comprising a bladder of an open celled foam material on the interior thereof sealed from the atmosphere except for a valve on said tongue communicating the interior of said bladder with the atmosphere, said valve being adapted to selectively draw air from the atmosphere into said interior when opened to expand the foam material in said interior, then release air from said interior to the atmosphere when said bladder is squeezed releasing air from said interior out of said valve, whereby said tongue may be partially deflated and then said laces laced up against said tongue pressing said tongue against the foot of the wearer of the shoe, then said tongue may be slightly inflated by opening the valve allowing air to enter to conform said tongue to the foot of the wearer of the shoe.

13. An athletic shoe comprising:

- a) a sole;
- b) an upper having a tongue and a closing mechanism on said upper for closing the shoe, said upper being attached to said sole; and
- c) said tongue comprising a bladder of an open celled foam material on the interior thereof sealed from the atmosphere except for a valve on said tongue communicating the interior of said bladder with the atmosphere, said valve being adapted to selectively draw air from the atmosphere into said interior when opened to expand the foam material in said interior, then release air from said interior to the atmosphere when said bladder is squeezed releasing air from said

interior out of said valve, whereby said tongue may be inflated and said closing mechanism closed against said tongue pressing said tongue against the foot of the wearer of the shoe, then said tongue may be slightly deflated by opening the valve to conform said tongue to the foot of the wearer of the shoe.

14. An athletic shoe comprising:

- a) a sole;
- b) an upper having a tongue and a closing mechanism on said upper for closing the shoe, said upper being attached to said sole; and
- c) said tongue comprising a bladder of an open celled foam material on the interior thereof sealed from the atmosphere except for a valve on said tongue communicating the interior of said bladder with the atmosphere, said valve being adapted to selectively draw air from the atmosphere into said interior when opened to expand the foam material in said interior, then release air from said interior to the atmosphere when said bladder is squeezed releasing air from said interior out of said valve, whereby said tongue may be partially deflated and then said closing mechanism closed against said tongue pressing said tongue against the foot of the wearer of the shoe, then said tongue may be slightly inflated by opening the valve allowing air to enter to conform said tongue to the foot of the wearer of the shoe.